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ASNC News Group

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## Messages

### 1 [Historic Highland Park Neighborhood Council Elections Committee Agen](#)

Mon Mar 10, 2014 7:04 am (PDT) . Posted by: [asncalert](#)

Historic Highland Park Neighborhood Council  
Elections Committee  
Notice of Meeting and Agenda

Wednesday March 12, 2014

Arroyo Seco Branch Library  
6145 N. Figueroa St.

Los Angeles, CA 90042

6:00 p.m. – 8:00 p.m.

The public is requested to fill out a "Speaker Card" to address the Board on any agenda item prior to the Board taking action. Public comment is limited to 2 minutes per speaker but the Board has the discretion to modify the amount of time for any speaker.

When the Board considers the agenda item entitled "Public Comments," the public has the right to comment on any matter that is within the Board's jurisdiction. The public may also comment on a specific item listed on this agenda when the Board considers that item. In addition, the members of the public may request and receive copies without undue delay of any documents that are distributed to the Board, unless there is a specific exemption under the Public Records Act that prevents the disclosure of the record. (Govt. Code § 54957.5)

The Historic Highland Park Neighborhood Council holds its regular meetings on the first Thursday of every month and may also call any additional required special meetings in accordance with its Bylaws and the Brown Act. The agenda for the regular and special meetings is posted for public review at: (1) Café de Leche located at 5000 York Boulevard, (2) Ramona Hall Community Center located at 4580 North Figueroa Street, (3) La Tropicana Market located at 5200 Monte Vista Street, (4) Fire Station #12 located at 5921 North Figueroa Street, (5) Highland Market located at 6901 N. Figueroa St, and (6) when possible, Arroyo Seco Library, 6145 North Figueroa Street

The Historic Highland Park Neighborhood Council complies with Title II of the Americans with Disabilities Act and does not discriminate on the basis of any disability. Upon request, the Historic Highland Park Neighborhood Council will provide reasonable accommodations to ensure equal access to its programs, services, and activities. Sign language interpreters, assistive listening devices, or other auxiliary aids and/or services may be provided upon request. To ensure the availability of services, please make your request at least 3 business days (72 hours) prior to the meeting you wish to attend by contacting the Department of Neighborhood Councils at (213) 485-1360 or e-mail to [NCSupport@lacity.org](mailto:NCSupport@lacity.org). In compliance with Government Code Section 54957.5, nonexempt writings that are distributed to a majority of all board members in advance of a meeting may be viewed at [www.highlandparknc.com/](http://www.highlandparknc.com/) by clicking the Board agenda link or at the scheduled meeting. If you would like a copy of any record related to an item on the agenda, please contact Monica Alcaraz at [monica.alcaraz@highlandparknc.com](mailto:monica.alcaraz@highlandparknc.com). To request language services please call the Dept. of Neighborhood Empowerment, City of L.A at 213.978.1551.

SI REQUIERE SERVICIOS DE TRADUCCION, FAVOR DE NOTIFICAR A LA OFICINA 3 DIAS DE TRABAJO (72 horas) ANTES DEL EVENTO. SI NECESITA AYUDA CON ESTA AGENDA, POR FAVOR LLAME A NUESTRA OFICINA AL (213) 485-1360

DEPARTMENT OF NEIGHBORHOOD EMPOWERMENT 200 N. Spring St. Ste.2005

Los Angeles, CA 90012 Telephone: (213) 978-1551

ELECTIONS COMMITTEE

Hector Huezo, Gemma Marquez,

Rick Marquez, Violeta Mendoza,

Gloria Trejo

HISTORIC HIGHLAND PARK NEIGHBORHOOD COUNCIL  
Post Office Box 50791  
Los Angeles, CA 90050  
<http://www.highlandparknc.com> <http://www.highlandparknc.com>  
Certified as NC #33 May 28, 2002

OFFICERS Monica Alcaraz PRESIDENT  
Hector Huezo FIRST VICE PRESIDENT  
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#### AGENDA

1. Call to order, attendance
2. Public comment on non-agenda items
3. Review and possible action: Elections day planning, volunteers, food and tabling opportunity.
4. Discussion and possible action: Elections Town Hall
5. Review and possible action: elections budget
6. Discussion and possible action: additional outreach strategies
7. Discussion and possible action: community swearing in event (Lobby Day), ideas, planning
8. Reminder: candidate filing deadline has been EXTENDED until March 17
9. Announcements
10. Adjournment

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## 2 **LHNC Planning & Land-Use Committee Meeting 3/12/14**

Mon Mar 10, 2014 7:04 am (PDT) . Posted by: [asncaalert](#)

Sun Mar 9, 2014 8:16 pm on LincolnHeightsNC@yahoogroups.com  
Posted by: "Frank Wada" fwada2k2

The public is requested to fill out a "Speaker Card" to address the Board on any item of the agenda prior to the Board taking action on an item. Comments from the public on Agenda items will be heard only when the respective item is being considered. Comments from the public on other matters not appearing on the Agenda that is within the Board's subject matter jurisdiction will be heard during the Public Comment period. Public comment is limited to 2 minutes per speaker, unless waived by the presiding officer of the Board. Agenda is posted for public review at the Lincoln Heights Chamber of Commerce

2716 N. Broadway, Sacred Heart Church 2210 Sichel St., Smart and Final 2511 Daly St., Lincoln High School 3501 North Broadway, Lincoln Heights Library 2530 Workman St. As a covered entity under Title II of the Americans with Disabilities Act, the City of Los Angeles does not discriminate on the basis of disability or spoken language and upon request, will provide reasonable accommodation to ensure equal access to its programs, services, and activities. Sign language interpreters, non-English language interpreters, assistive listening devices, or other auxiliary aids and/or services may be provided upon request. To ensure availability of services, please make your request at least 3 business days (72 hours) prior to the meeting you wish to attend by contacting the Department of Neighborhood Empowerment at (213) 978-1551

Subject: LHNC PLANNING & LAND-USE COMMITTEE MEETING

Lincoln Heights Neighborhood Council

Wednesday, March 12, 2014 at 6:30 pm

Aztec Rising

3516 N Broadway

I. Welcome/Call to Order

II. Roll Call

III. Discussion and Recommendations on Planning and Land-Use Developments

A. Presentation of : Possible Thomas Street Development

B Unfinished Businesses

101 Ave 20 (Cover Lunch Area)

Lincoln Park Prop K Funds (pathway & lighting)

3850 Mission Road (parking structure)

2022 N Broadway

3303 N Broadway

C. Quality of Life Issue

Thomas Street Development

Soto Street Bridge

Fig/Riverside Bridge

Bridges

USC Sub-Divisions

D. Report Update

Broadway Corridor

Leading Economic Indicators

IV. Announcement

Meeting Second Wednesday of the Month

4/9, 5/14, 6/11

V. Public Comment

VI. Adjournment

PROCESS FOR RECONSIDERATION: LHNC Bylaws, Article VII, Sect. E?The Board may reconsider and amend its action on items on the agenda if that reconsideration takes place immediately following the original action or at the next regular meeting

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**3 COME GET A FREE TREE SATURDAY MARCH 22, 2014**

Mon Mar 10, 2014 10:04 pm (PDT) . Posted by: [asncaalert](#)

Free Trees for City of Los Angeles Residents!

Come join our Neighborhood Tree Giveaway and take home a shade or fruit tree.

Date: Saturday, March 22, 2013

Time: 9:00 am - 12:00 noon

Where: Glassell Park Senior and Community Center

3750 Verdugo Road

Los Angeles 90065

Hosted by:

Million Trees Los Angeles

Northeast Trees

and Council District 1

For more information, please contact Aaron Thomas at (323) 441-4634 x12

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**4 03/10/2014 - Secretary Jewell, Mayor Garcetti Announce Urban Wildlif**

Mon Mar 10, 2014 10:05 pm (PDT) . Posted by: [asncaalert](#)

Date: March 10, 2014

Contact: [Interior\\_Press@ios.doi.gov](mailto:Interior_Press@ios.doi.gov) [mailto:Interior\\_Press@ios.doi.gov](mailto:Interior_Press@ios.doi.gov)

Oliver DelGado (LA Mayor Garcetti) 323-384-1789

Secretary Jewell, Mayor Garcetti Announce Urban Wildlife Refuge Partnership to Connect LA Youth to Great Outdoors Los Angeles Selected as One of Eight Pilot Cities

Los Angeles, CA – Secretary of the Interior Sally Jewell today joined Los Angeles Mayor Eric Garcetti to announce Los Angeles has been selected as one of eight pilot cities under the Urban Wildlife Refuge Initiative to connect urban youth with the great outdoors. The announcement comes on the heels of

President Obama's fiscal year 2015 budget request last week, which supports the Department's youth initiative to inspire millions of young people to play, learn, serve and work outdoors through increased investments in the Department's youth programs.

"As children become increasingly disconnected with nature, it is critical for the health of our economy and our public lands that we work to establish meaningful and deep connections between young people from every background and every community to the great outdoors," said Secretary Jewell. "Creating opportunities for urban young people to get outdoors not only supports healthy lifestyles but it also helps spark a passion to be good stewards of nature that will last a lifetime."

"Giving city kids access to outdoor experiences and exercise will undoubtedly make a lasting impact, and so I am excited that L.A. is partnering with the Department of the Interior through the Urban Wildlife Refuge Initiative," said Mayor Garcetti. "Connecting L.A.'s youth with nature will enrich their lives, strengthen our communities, and increase our city's health."

President Obama's budget released last week proposes \$50.6 million for Interior youth programs, which represents a \$13.6 million (or 37 percent) increase from 2014. Included in the budget is an increase of \$2.5 million for the U.S. Fish and Wildlife Service's Urban Wildlife Refuge Initiative, \$8 million to expand opportunities for youth education and employment across the National Park Service and an additional \$1 million in the Bureau of Indian Affairs for youth programs.

Prior to the announcement, students from Franklin High School led Jewell and Garcetti on a hike of the LA River and through Los Angeles State Historic Park where they discussed how the National Park Service and the U.S. Fish and Wildlife Service are partnering with local organizations to create opportunities to help urban students and families make connections with America's federal, state and local public lands.

Thanks to a partnership with the Friends of the LA River, a mobile visitor and education center will soon bring the Los Angeles River to life for young people who might otherwise not establish a connection with nature. A modified RV, the River Rover, will provide educational opportunities for families and children in one of the most diverse and densely populated regions of the country.

"Los Angeles is a national leader at engaging urban youth in nature and we hope what is happening here can serve as a model for other cities across the country," said Jewell. "The partnership we have formed will allow us to bring young people to the river and the river to young people."

The River Rover, to be completed in April, will house interactive exhibits, including an interactive model of the LA River watershed. It is one of eight pilot projects sponsored by the U.S. Fish and Wildlife Service across the country. Examples of other projects include working with schools in New Haven, CT, to create a network of wildlife-friendly habitat oases and habitat improvements in municipal parks, schoolyards, and vacant lots to establishing nature-learning and engagement opportunities in urban neighborhoods in Chicago.

In an attempt to help bridge the growing disconnect between young people and the great outdoors, Secretary Jewell last October launched an ambitious youth initiative to inspire millions of young people to play, learn, serve and work outdoors. The goals of

the youth initiative include:

**Play:** Interior will develop or enhance outdoor recreation partnerships in a total of 50 cities over four years to create new, systemic opportunities for outdoor play for more than 10 million young people.

**Learn:** Provide educational opportunities to at least 10 million of the nation's K-12 student population annually. In addition to welcoming students into nature's classroom, we are developing and strengthening new online education resources, to reach more students.

**Serve:** Engage 1 million volunteers annually on public lands, effectively tripling the numbers we have now. We know that many more people are interested in volunteering at national parks, wildlife refuges and public lands, but there are often insufficient staff resources to coordinate them. In order to achieve the volunteer goal, we will place a renewed emphasis on volunteer coordination and management.

**Work:** To develop the next generation of lifelong conservation stewards and ensure our own skilled and diverse workforce pipeline, Interior will provide 100,000 work & training opportunities to young people within our bureaus and through public-private partnerships. As part of this effort, we aim to raise an additional \$20 million to support the youth work and training opportunities.

Los Angeles is also one of 18 pilots for the Urban Waters Federal Partnership – a coalition of 13 federal agencies working to revitalize urban waterfronts and open spaces in cities, leading to healthier and more prosperous communities all over the country.

# # #

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## 5 **The Becerra Bulletin, March 2014**

Mon Mar 10, 2014 10:05 pm (PDT) . Posted by: [asncaalert](#)

March 10, 2014

WASHINGTON, D.C. – In a continued effort to bring news and relevant information about our federal government back to his home district in Los Angeles, Representative Xavier Becerra (CA-34), Chairman of the House Democratic Caucus and Ranking Member of the Social Security Subcommittee, brings you "The Becerra Bulletin," an e-newsletter filled with facts and information meant to stimulate thought and discussion about policy and a host of other issues.

### BY THE NUMBERS - HEALTH SECURITY FOR AMERICA

Thanks to the Affordable Care Act, millions of Americans have gained access to dependable health security and peace of mind. Here's a look at the numbers showing how the health security law is giving Americans access to dependable health security:

- 4 million Americans and counting have signed up for private plans through the Affordable Care Act's health insurance marketplaces

- More than 1.6 million Californians have signed up for either Covered California health insurance plans or for low-cost or no-cost Medi-Cal
- In 2014, over 16 million Californians, including over 2.2 million children could no longer be discriminated against because of pre-existing conditions
- 3.1 million young people are on their parents' plans, including 435,000 in California.
- U.S. health spending growth was the slowest on record from 2009 to 2012. According to the Centers for Medicare & Medicaid Services, national health spending grew by just 3.7 percent in 2012.

SHORT TAKES – WASHINGTON, D.C.

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#### CONGRESSMAN BECERRA INTRODUCES LEGISLATION TO PREVENT SOCIAL SECURITY FRAUD

On February 26, Congressman Becerra introduced the Social Security Fraud and Error Prevention Act of 2014. This legislation helps the Social Security Administration protect Social Security, while still paying every American's earned benefits on time and in full. It provides SSA with new tools to fight fraud and prevent errors. [Read more.](#)

#### GIVE AMERICA A RAISE

Congressman Becerra signed the discharge petition to force a vote to raise the minimum wage to \$10.10 an hour. Watch Rep. Becerra discuss raising the wage and the 2014 House Democratic agenda on C-SPAN.

#### SHORT TAKES – IN THE 34TH DISTRICT

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#### MARCH 31: DEADLINE TO ENROLL IN COVERED CALIFORNIA

The deadline to enroll in a health insurance plan through Covered California is March 31. On February 19, Congressman Becerra visited the Eisner Pediatric & Family Medical Center in Downtown LA and met with newly insured Angelenos who gained affordable health coverage through the Affordable Care Act. [Read more.](#)

#### FEDERAL TRANSIT ADMINISTRATION COMMITS \$670 MILLION FOR DOWNTOWN REGIONAL CONNECTOR PROJECT

Congressman Becerra recently joined federal and local officials to announce that the federal government had signed an agreement with the Los Angeles County Metropolitan Transit Authority (Metro) committing the federal government to provide \$670 million in federal funding for the downtown



Regional Connector project. When completed, the Regional connector will provide a one-seat ride for travel across Los Angeles County. [Read more.](#)

#### CONGRESSMAN BECERRA HOSTS TOWN HALL AT LINCOLN HEIGHTS RECREATION CENTER

On Wednesday, February 19, Congressman Becerra hosted a Coffee with your Congressman town hall meeting at the Lincoln Heights Recreation Center. He spoke to constituents about raising the minimum wage, protecting Social Security and Medicare, trade, and finding quality affordable health insurance through the Affordable Care Act. [Click here to view more photos.](#)

#### NEED FREE TAX PREP?

It's tax season. The VITA Program offers free tax return preparation and filing assistance to families and individuals making less than \$52,000 a year. IRS-certified volunteers are located at "VITA" sites throughout Los Angeles and are available to help prepare and file your return free of charge. Visit the Greater L.A. EITC Campaign or [click here to find free tax help providers.](#)

#### STUDENT ART COMPETITION

Congressman Becerra invites all high school students who reside in the 34th Congressional District to participate in his annual student art competition. Students enter for a chance to win a trip to Washington, D.C. and have their artwork exhibited in the United States Capitol. This year's deadline to submit artwork is March 14, 2014. [Click here for competition rules and guidelines.](#)

#### SURVEY - PRIORITIES FOR CONGRESS

Congressman Becerra recently asked for your top priorities for Congress in 2014:

Answer Total

Creating jobs and growing the middle class 15.16%

Passing commonsense immigration reform 10.98%

Implementing and improving the Affordable Care Act 10.84%

Reducing the federal debt and deficits 7.43%

Passing gun violence prevention legislation 8.60%

Strengthening Medicare and Social Security 12.00%

Protecting the environment and addressing climate change 11.71%

Exploring sources of alternative energy and domestic energy independence 10.11%

Fortifying defense and national security 4.23%

Safeguarding Americans' privacy and reforming surveillance programs 8.94%

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## 6 **The Metabolic Studio is Hosting 100 Conversations About Water during**

Mon Mar 10, 2014 10:05 pm (PDT) . Posted by: [asncaalert](#)

Please join us for Conversation Number 62:

Lauren Bon, Metabolic Studio, Interim Chief City Engineer Deborah Weintraub, and Community Organizer Miguel Luna:

Bending the River Back into the city

World Water Day, March 22, 2014 • 10am – 1pm

Lincoln Heights Senior Citizen Center, 2323 Workman Street, Los Angeles 90031

View from Broadway Bridge

Metabolic Studio is working with communities along the LA Aqueduct and LA River to help remediate their landscapes and livelihoods and reconnect with the source of its water in the city's historic birthplace. On World Water Day, in our third year of drought, the Studio is presenting an artwork which seeks to develop a sustainable approach to water use and distribution over the next 100 years. Bending the River Back into the City is a sculpture consisting of an inflatable dam diverting water from the LA River, a water wheel to lift it, and a treatment system to clean it. The treated water will be distributed for community use or used to create and maintain public open spaces. RSVP to [info@metabolicstudio.org](mailto:info@metabolicstudio.org) or call Jill Sourial (213) 926--4785. Refreshments and a light lunch will be served. Spanish translation, additional languages by advance request

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## 7 **Bulletin Board: East L.A. community leader honored as Woman of the Y**

Mon Mar 10, 2014 10:05 pm (PDT) . Posted by: [asncaalert](#)

[http://www.theeastsiderla.com/2014/03/bulletin-board-east-l-a-community-leader-honored-as-woman-of-the-year/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29](http://www.theeastsiderla.com/2014/03/bulletin-board-east-l-a-community-leader-honored-as-woman-of-the-year/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29) <http://www.theeastsiderla.com>

/2014/03/bulletin-board-east-l-a-community-leader-honored-as-woman-of-the-year/?utm\_source=feedburner&utm\_medium=feed&utm\_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29

Submitted by the 51st Assembly District

In celebration of Women's History Month, California Assemblymember Jimmy Gomez today honored Teresa Palacios as the 51st Assembly District's Woman of the Year. Palacios is Executive Director of Eastmont Community Center, which provides education, social and health services to residents in in East Los Angeles.

"There are many women who deserve recognition for their leadership, and Teresa is an obvious choice given her years of service and dedication, through Eastmont and beyond," Assemblymember Gomez said.

Awards were presented to honorees from each Assembly District during a special floor session. Over the last two decades, Palacios has devoted herself to serving low-income families – with a particular focus on programs like Eastmont's "Comrades in Motion" that promote empowerment, personal development, civic engagement and health for local women. In addition to regular advocacy work with National Council of La Raza, she is a co-founder of the 51st Assembly District's East Los Angeles Empowerment Congress.

"It was so nice to see all the women from different fields of community service and education – to be a part of that, to me is very powerful," Palacios said.

"I saw there were women of an older age there, still giving all their time and service. Sometimes you need to see that – that there's a reason to keep going, to look ahead and to lead... I thought I was done after 20 years," Palacios added. "I'm just beginning."

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## 8 [At the Autry in Griffith Park](#)

Mon Mar 10, 2014 10:05 pm (PDT) . Posted by: [asncaalert](#)

<http://tinyurl.com/n5ckf5c>

Experience a groundbreaking exhibition, Floral Journey: Native North American Beadwork, opening at the Autry on Saturday, March 15.

Through 250 unique objects and personal stories, the exhibition is the first of its kind to explore how beaded floral designs became a remarkable art form as well as a means of economic and cultural survival for Native peoples across North America.

Floral Journey presents moccasins, bags, dresses, hats, jackets, and other exquisitely beaded and quilled items from the Autry's Southwest Museum of the American Indian Collection, multiple private collections, and other cultural institutions from across the nation. Many of the objects will be displayed to the public for the first time.

From left to right: Moccasins, Arapaho/Shoshone, 1947. Leather, glass beads. Donated from the collection of D. L. and Shirley K. Hall. Southwest Museum of the American Indian Collection, Autry National Center; 95.180.56.1–.2. Canadian Plains Cree gauntlets, 1900. Native tanned hide, commercial leather, glass beads. Loan courtesy of Lora A. and Robert U. Sandroni. Ojibwe vest, 1885. Velvet, cloth, ribbon, glass beads, brass buttons. Gift of Miss Donna Held. Southwest Museum of the American Indian Collection, Autry National Center; 1911.G.1

### Upcoming Events

#### First-Look Friday

Friday, March 14, 10:00 a.m.–4:00 p.m.

For All Autry Members\* / Free Admission

No Reservations Necessary

Members at all levels are invited for a first look at Floral Journey. Explore the exhibition before it opens to the general public and enjoy a complimentary beverage at Crossroads West Cafe.

\*Not a member? Join today by calling 323.495.4326.

#### Autry Explorers: Celebrate American Girl® and Kaya

Sunday, March 23, 1:00–4:00 p.m.

Included With Museum Admission

No Reservations Necessary

The Autry partners with American Girl to celebrate Kaya®, a doll whose stories explore what it was like to grow up as a Nez Perce girl before America became a country. Join a basket-weaving workshop, enjoy performances of Native American dancing, drop in for an American Girl craft activity to make your own Kaya parfleche bag, and explore the museum galleries in a new Kaya scavenger hunt. Appropriate for ages 8 and up.

#### Floral Journey Seminar

Saturday, April 5, 11:00 a.m.

\$15 Nonmembers, \$11 Students, Seniors (60+), Free for Autry Members

Limited Space / Reservations: [TheAutry.org](http://TheAutry.org)

With guest curator Lois Sherr Dubin, scholars Steven L. Grafe and Tim McCleary, and beadwork artists Martha Berry and Joe Baker. This program is part of the John L. Gray Lecture Series.

For details about the exhibition and additional related programs, visit [TheAutry.org/FloralJourney](http://TheAutry.org/FloralJourney).

#### Trunk Show With Jesse Monongye

Saturday, March 15, 11:00 a.m.–4:30 p.m.

Free Admission / No Reservations Necessary

Meet award-winning master jewelry artist Jesse Monongye (Diné [Navajo] and Hopi), known for his complex designs expressed in contemporary gold and silver pieces. Monongye will show bracelets,

pendants, bolo ties, earrings, and necklaces inlaid with turquoise, lapis, coral, opals, and Acoma jet, among others.

At the Autry Store (Ongoing)

Tuesday–Friday: 10:00 a.m.–4:00 p.m.

Saturday–Sunday: 10:00 a.m.–5:00 p.m.

Free Admission / No Reservations Necessary

Throughout the run of Floral Journey, visit the Autry Store to browse and buy colorful bags, belts, beading kits, and other unique items that relate to the exhibition's themes. The exhibition's beautifully illustrated companion publication, *Floral Journey: Native North American Beadwork* by Lois Sherr Dubin, will be available in paperback and hardcover editions.

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Our address is:

Autry National Center

4700 Western Heritage Way

Los Angeles, CA 90027

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## 9 Kids show off their cooking skills at the Taste of Elysian Heights

Mon Mar 10, 2014 10:05 pm (PDT) . Posted by: [asncaalert](#)

[http://www.theeastsiderla.com/2014/03/kids-show-off-their-cooking-skills-at-the-taste-of-elysian-heights/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29](http://www.theeastsiderla.com/2014/03/kids-show-off-their-cooking-skills-at-the-taste-of-elysian-heights/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29) [http://www.theeastsiderla.com/2014/03/kids-show-off-their-cooking-skills-at-the-taste-of-elysian-heights/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29](http://www.theeastsiderla.com/2014/03/kids-show-off-their-cooking-skills-at-the-taste-of-elysian-heights/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29)

Kids line up for a Taste of Elysian Heights | Courtesy Kim Pesenti

Elysian Heights Elementary recently hosted its first-ever Taste of Elysian Heights, with appetizing and healthy snacks prepared by the students themselves. The event was organized by 2nd grade teacher Sheryl Gallo as part of a hands-on lesson in cooking and nutrition. What was the on the menu? School supporter Kim Pesenti provided a few details and photos:

Before serving up a tasty sample of cooked quinoa, kindergartners gave a short presentation on the ancient grain and its Bolivian origins. Third graders prepared a spicy granola mix and sixth graders made a toasted bruschetta with basil and tomato. Second graders prepared a classic pico de gallo and, under close supervision by parents and teaching assistants, these seven year olds also learned how to

cut tomatoes and onions — real life skills!

“Seeing all of the children at Elysian Heights take ownership of cooking their healthy recipes was amazing,” said Gallo. “They were excited to make the dishes, share during the process, and talk about what they went through in front of the entire school population. The children were exposed to many new recipes and the discussions were rich and rewarding.”

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## 10 [A Sunday night of crime in Eagle Rock](#)

Mon Mar 10, 2014 10:07 pm (PDT) . Posted by: [asncaalert](#)

[http://www.theeastsiderla.com/2014/03/a-sunday-night-of-crime-in-eagle-rock/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29](http://www.theeastsiderla.com/2014/03/a-sunday-night-of-crime-in-eagle-rock/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29) [http://www.theeastsiderla.com/2014/03/a-sunday-night-of-crime-in-eagle-rock/?utm\\_source=feedburner&utm\\_medium=feed&utm\\_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29](http://www.theeastsiderla.com/2014/03/a-sunday-night-of-crime-in-eagle-rock/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+TheEastsiderLa+%28The+Eastsider+LA%29)

Sunday night found the LAPD SWAT team responding to a pair of separate incidents in Eagle Rock that ended peacefully, according City News Service. The first involved a three-hour long search for a man armed with a handgun who fled from a vehicle that officers had been pursuing from Cypress Park. The suspect was eventually captured after the K-9 Unit was called in. Then, at about 10:30 p.m. some of those same officers responded to a report of a distraught woman with a rifle in the 1400 block of Yosemite Drive. The woman, who was prohibited from owning guns, displayed the rifle to officers before heading into her home. The woman turned herself into officers after the four-hour stand off, according to City News.

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## 11a [Eagle Rock's Judith Espinoza stands tall in City Division III](#)

Mon Mar 10, 2014 10:10 pm (PDT) . Posted by: [asncaalert](#)

<http://www.dailynews.com/sports/20140308/eagle-rocks-judith-espinoza-stands-tall-in-city-division-iii-girls-basketball-final> <http://www.dailynews.com/sports/20140308/eagle-rocks-judith-espinoza-stands-tall-in-city-division-iii-girls-basketball-final>

By Erik Boal, Los Angeles Daily News

Posted: 03/08/14, 10:58 PM PST

Judith Espinoza stood at the free-throw line with 5.8 seconds left and the chants of “MVP” echoing throughout Roybal Learning Center’s gymnasium.

It was just the 5-foot-3 senior guard, the basket and an opportunity to soak in a career’s worth of work for the Eagle Rock girls basketball team that culminated Saturday with the program’s first City Section Division III title.

Espinoza had a career-high 39 points, including 18 in the third quarter, to lead No. 2 Eagle Rock to a 60-51 victory over top-seeded Garfield.

“Finally, we’ve worked so hard to get here and here we are. (Shooting those free throws) I knew the trophy and our medals were about to come into our hands in the next five seconds,” Espinoza said. “I’m very proud of all the girls for all the hard work they’ve put in the past year.

“I knew I had to make those free throws. Everyone was watching me and counting on me. I just had to focus and take it one at a time.”

Espinoza’s patient approach also served Eagle Rock well in the third quarter, when the Eagles (25-9) rallied from a one-point halftime deficit to take a 10-point lead entering the fourth.

Espinoza had 18 of the team’s 21 points in the quarter, including four 3-pointers, and Garfield (23-12) — led by Monica Garcia’s 17 points and 16 points from Irma Munoz — never got closer than three in the fourth.

“We just made a little, tiny adjustment at halftime and set up our pick a little bit higher to give her more room to move out there coming off the screen,” Eagles coach Mark Kramer said. “We got enough switches and anytime their post players were guarding her, we took advantage of those mismatches.”

Espinoza, who finished 14 of 24 from the field with six 3-pointers and five of seven free throws, halted a potential Garfield rally in the fourth with another timely 3-pointer.

“As soon as I hit that first three, I was like ‘Judith’s back’, I just felt it in me and my whole body, then I hit the next one and all that belief I had in myself and my teammates had in me,” Espinoza said. “I just felt like I had to do what I needed to do.”

Diana Flores added seven points and 12 rebounds, Florence Lucey had five points and 11 rebounds, with Marycruz Gonzalez scoring four points and Belinda Dornidon contributing two points and nine assists for the Eagles, who erased the disappointment of a 69-65 loss to Reseda in last year’s Division III final.

“I think we all felt the love from our students and our classmates,” Espinoza said. “I felt like it pumped everybody up and in the end, everybody was so happy inside and everyone was happy for us and it was just an amazing feeling.”

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## **11b Eagle Rock's Judith Espinoza stands tall in City Division III**

Mon Mar 10, 2014 10:28 pm (PDT) . Posted by: [asncaalert](#)

<http://www.dailynews.com/sports/20140308/eagle-rocks-judith-espinoza-stands-tall-in-city-division-iii-girls-basketball-final> <http://www.dailynews.com/sports/20140308/eagle-rocks-judith-espinoza-stands-tall-in-city-division-iii-girls-basketball-final>

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